

THE ONBOARDING SURVEY

An onboarding survey for Darmama's services:

(Dr. Elizabeth Gilbert has crafted the research survey.)

1. Personal Information:

- Name - _____ DOB (dd-mm-yyyy) - _____
 - Phone - _____ Email - _____
 - Address (optional for potential local services) - _____
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2. Maternal and Family History:

- Number of children - _____ Ages of children - _____
- Any pregnancy or postpartum complications - _____
- Family support system - _____

3. Current Wellness Status:

- Physical health (including any ongoing medical conditions or concerns) - _____
- Emotional well-being (stress levels, mood, any history of mental health challenges) - _____
- Emotional well-being (stress levels, mood, any history of mental health challenges) - _____

4. Expectations and Goals:

- What are your primary goals for seeking support from Darmama?

- What specific areas of wellness are you hoping to address (e.g., stress management, nutrition, emotional support)?

- What do you hope to gain from this experience?

5. Preferences and Interests:

- Preferred modes of communication - Email Phone In Person
- Availability for sessions - Days Times that work best
- Any specific cultural or spiritual practices important to you -

6. Previous Experience:

- Have you participated in any maternal wellness or holistic health programs before?

- If yes, what was your experience like, and what did you find helpful?

7. Additional Comments or Concerns:

- Is there anything else you'd like us to know about you or your situation?

- Any specific questions or concerns you have about the program?
